

Grocery list for week 12

Fruits & Vegetables

- | | |
|---|--|
| <input type="checkbox"/> banana: 3 | <input type="checkbox"/> tomato: 6 |
| <input type="checkbox"/> apple: 1 | <input type="checkbox"/> peppers: 6 |
| <input type="checkbox"/> peach: 2 | <input type="checkbox"/> potato: 2250 g |
| <input type="checkbox"/> strawberries: 4 tbsp | <input type="checkbox"/> avocado: 1 |
| <input type="checkbox"/> blueberries: 2 tbsp | <input type="checkbox"/> zucchini: 90 g |
| <input type="checkbox"/> onion | <input type="checkbox"/> baby spinach: 120 g |

Meat

- | | |
|--|---|
| <input type="checkbox"/> Cod fish: 730 g | <input type="checkbox"/> ground turkey: 520 g |
| <input type="checkbox"/> chicken: 630 g | <input type="checkbox"/> chicken breast: 1250 g |
| <input type="checkbox"/> Halibut: 570 g | <input type="checkbox"/> beef tenderloin: 420 g |

Products

- | | |
|---|---|
| <input type="checkbox"/> egg: 15 | <input type="checkbox"/> coconut butter: 2 tbsp |
| <input type="checkbox"/> egg whites: 6 | <input type="checkbox"/> parmesan: 1 tbsp |
| <input type="checkbox"/> whole wheat bread: 2 | <input type="checkbox"/> whole grain rice: 90 g |
| <input type="checkbox"/> butter: 2 tbsp | <input type="checkbox"/> cheddar: 2 tbsp |
| <input type="checkbox"/> mustard: 1 tbsp | <input type="checkbox"/> mozzarella: 3 tbsp |
| <input type="checkbox"/> coconut | <input type="checkbox"/> almonds: 4 tbsp |
| <input type="checkbox"/> soy sauce | <input type="checkbox"/> coconut oil |
| <input type="checkbox"/> Yogurt: 240 g | <input type="checkbox"/> long grain rice: 90 g |
| <input type="checkbox"/> granola: 4 tbsp | |

Other

- parsley
- black pepper
- balsamic vinegar
- herbs
- basil

- cayenne pepper
- dill
- garlic powder
- clove garlic
- olive oil